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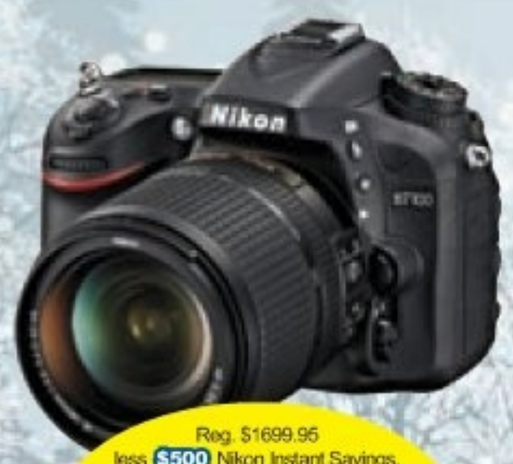

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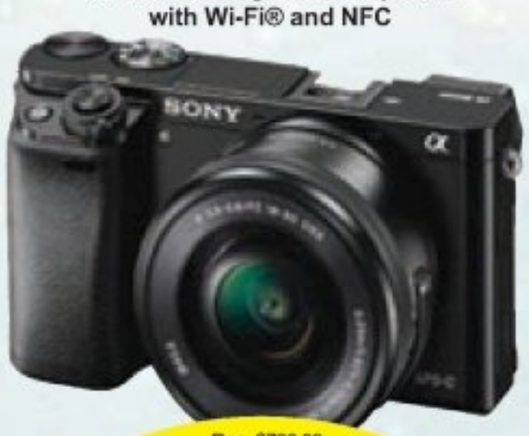

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ELSA HOSK ON MODELING, ADVOCACY AND MORE. PAGE 10

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Troubled teens. Charlestown High School students talk with teacher Shari Campbell about their problems as teens of color in encounters with the police. PAGE 02

Teachable moment

Teacher Shari Campbell talks with students at Charlestown High School. / NICOLAUS CZARNECKI, METRO

Marky Mark wants to purge his rap sheet

PAGE 05

Leo DiCaprio shows off by taking home 20 girls

PAGE 09

Girlfriend stealing in NFL now an epidemic

PAGE 14

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NEWS

Top 3

The best of Metro.us

1 'VIDEO: Man promises to be eaten alive by an anaconda on TV, doesn't deliver'

2 'Victoria's Secret model, Elsa Hosk talks lingerie, men and more'

3 'Got an extreme hangover? There is a cure — in a needle'

On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Students at Charlestown High School participated in a "Walk-In" event yesterday where they discussed the rise in racial tension across America. / NICOLAUS CZARNECKI / METRO

Teens decry racial profiling at Charlestown High School

Race. Students at Charlestown High talk about close encounters with the police.

For many local teenagers of color, heavy-handed arrests, racial profiling, illegal searches or just plain rudeness are all part of living with the local police.

Speaking in the auditorium of Charlestown High, Denzel Morris and three of his friends recalled a recent run-in with police where he said he was targeted because of the color of his skin.

In October, Morris was cutting through a lot on his way to the Savin Hill T stop — a shortcut he says he takes every day — when he was stopped and charged with trespassing.

"It was just a really negative feeling," said Morris, a black 18-year-old from Dorchester.

Dubbed a "walk-in," the idea was for parents, teachers and students from across the district to talk frankly about race after juries declined to indict two police officers who killed unarmed black men in Ferguson, Missouri, and New York City, said Sung-Joon Pai, a school administrator who helped organize the event.

"Given our population — if you're a person of color, particularly if you're black or Latino, you're in a disenfranchised place," said Pai.

Morris said he couldn't shake the feeling that Michael Brown could have been him or a member of his family.

Visit **Metro.us** to read more about the teenagers' reactions to police.

Quoted

"Given our population — if you're a person of color, particularly if you're black or Latino ... you're in a disenfranchised place."

Sung-Joon Pai

"It was devastating. It was messed up. They left him in the street," he said. "The system is letting people down. It's not holding people to account for the bodies that are lying there."

Rene Laguerre, an 18-year-old from Dorchester, thought more people needed to be educated about their rights and what police can and cannot do.

He said tactics such as stop-and-frisk should be eliminated. And he said he was not shocked by the Ferguson decision.

"It's like history repeating itself," he said. "It still made me really mad, though."

Christa Perreira, a 17-year-old from Mattapan, said she had "a disgusted kind of feeling" about police after the two killings, and the accidental shooting in New York of Akai Gurley, an unarmed black man.

"We have to learn how to cope and go by the system's rules," said Perreira. "Even though it's sad and backward. The system should know how to cope with poor black people, instead of poor black people having to cope with the system."

Morris, for one, thought the city should have more frank discussions about race.

"There's no need to sugarcoat it and act like this is a perfect city, because it's not," he said.

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Revere. Tornado Relief Fund will give out $250,000 to victims of July twister

A Revere resident walks through the damage left by a Tornado in July.
NICOLAUS CZARNECKI / METRO

Business owners and residents hit by July's devastating tornado will soon start receiving money from the Revere Tornado Relief Fund, which on Monday announced a timetable to distribute $250,000 to 150 people.

More than 700 residents and businesses donated to the fund, said Revere Mayor Dan Rizzo. The money will begin to be distributed next week.

The tornado fund was started on Aug. 11 at the mayor's direction. Fund organizers said the money is meant to "help satisfy their personal unmet, immediate and short-terms needs not covered by government programs or other traditional forms of assistance."

MORGAN ROUSSEAU

Police

Commissioner: BPD does not encourage use of chokeholds during arrests

Boston Police now discourage the use of chokeholds when making arrests.

Officers had used chokeholds in cases involving suspects who put drugs in their mouths while being apprehended, Boston Police Commissioner William Evans said in a TV interview Sunday.

"We've changed our policies on chokeholds and obviously it's something we don't encourage whatsoever," Evans told WBZ.

Protests have erupted across the United States after a grand jury declined to indict a police officer in the death of Eric Garner, an unarmed New York man who died after being put in a chokehold. SHNS

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Your donations go to local families who are receiving help from Heading Home, an organization that aims to end homelessness in Greater Boston.

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October MBTA ridership tops 37M, breaks record

Boston. MBTA passengers took a record number of trips in October.

MBTA commuters await their bus at Kenmore Square on Monday.
NICOLAUS CZARNECKI / METRO

Ridership on the MBTA reached a new high of 37 million in October, despite a fare increase of 5 percent in July.

This past October, the MBTA recorded 37.28 million passenger trips, according to figures released Monday by the transit agency. The ridership is 1.5 percent higher than October 2013, which had held the previous record for monthly ridership, according to MBTA spokeswoman Kelly Smith.

The record-breaking month came three months after the MBTA implemented a 5 percent fare increase across all modes of transportation. Transit officials seem optimistic about the surge.

Quoted

"If you provide commuters with safe and reliable public transportation services, they will not be deterred by a modest increase in fares."

MBTA General Manager Beverly Scott

"The numbers reinforce what we've stated time and time again," MBTA General Manager Beverly Scott said in an emailed statement. "If you provide commuters with safe and reliable public transportation services, they will not be deterred by a modest increase in fares."

On a typical weekday in October of this year, an average of 1.377 million passenger trips were made throughout the MBTA system, according to the T.

Scott said ridership increased on a number of modes, including the subway, commuter rail and commuter boat.

For Fiscal Year 2015, which began the same day the fare increase took effect — July 1 — MBTA ridership is outpacing Fiscal Year 2014 at a growth rate of 1.2 percent.

Despite the fare increase, T riders are apparently saving money.

Last month, the American Public Transportation Association's November Transit Savings Report found that MBTA passengers saved about $13,298 annually, or roughly $1,108 per month by using public transit.

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Violation

TD Bank to pay $625K in data breach case

TD Bank agreed to pay $625,000 and tighten security practices to resolve a probe into a 2012 data breach that affected more than 260,000 customers, and which it was too slow to report, Attorney General Martha Coakley said Monday.

Coakley said TD lost unencrypted computer server backup tapes containing customers' personal information in March 2012 but waited until October 2012 to alert her office and customers, more than 90,000 of whom were in Massachusetts. TD began an internal investigation into the loss.

To resolve the probe, TD, a unit of Canada's Toronto-Dominion Bank, will pay $325,000 in civil penalties, $225,000 to a state education fund and $75,000 for costs. It was credited $200,000 to reflect security upgrades it has already made. REUTERS

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Mark Wahlberg wants crimes wiped clean so he can become a cop

Dorchester. The actor formerly known as Marky Mark reportedly wants to join a California police force as a reservist.

Dorchester-bred celebrity Mark Wahlberg's recent appeal to the Massachusetts Parole Board is so the former Funky Bunch frontman can handle guns as a reserve police officer.

Wahlberg filed papers in Boston on Friday in an effort to expunge his 1988 felony assault conviction. The actor — 17 at the time of the assault — admitted he was under the influence of drugs and alcohol when he severely beat two Vietnamese men, leaving one partially blind.

The conviction has apparently kept Wahlberg from pursuing his passion for police work.

According to gossip website TMZ, the actor, now 43, wants to join the Los Angeles police force as a reservist; however, his felon status is keeping him from handling guns.

Some of Wahlberg's roles on the big screen — like "The Departed," which was set in Boston — reportedly piqued his interest in police work. The former delinquent has reportedly told authorities he is a changed man, and points to his work helping at-risk youths.

A pardon forgives a crime, and differs from a commutation, which shortens a prison sentence or penalty, according to the State House News Service.

Quoted

"I am deeply sorry for the actions that I took on the night of April 8, 1988, as well as for any lasting damage that I may have caused the victims."

Wahlberg, in his pardon application

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Security measures taken by US ahead of torture report

White House. A spokesman said the administration welcomed the release of the report.

A man holds a poster as he protests outside the White House. / GETTY IMAGES

Graphic details about sexual threats and other harsh interrogation techniques the CIA meted out to captured militants will be detailed by a Senate Intelligence Committee report on the spy agency's anti-terror tactics, sources familiar with the document said.

The report, which the committee's majority Democrats are expected to release today, describes how senior al Qaeda operative Abdel Rahman al Nashiri, suspected mastermind of the 2000 bombing of the U.S.S. Cole, was threatened by his interrogators with a buzzing power drill, the sources said. The drill was never actually used on Nashiri.

In another instance, the report documents how at least one detainee was sexually threatened with a broomstick, the sources said.

Preparing for a worldwide outcry, and possibly even violence, from the publication of such graphic details, the White House and intelligence officials said on Monday they had taken steps to shore up security of U.S. facilities worldwide. REUTERS

Quoted

"There are some indications that ... the release of the report could lead to greater risk that is posed to U.S. facilities and individuals all around the world."

Josh Earnest, White House spokesman

GETTY IMAGES

London

Stegosaurus unveiled

Meet Sophie, the world's most complete Stegosaurus fossil, unveiled at London's Natural History Museum. With 85 percent of her skeleton intact, she is the most complete specimen of the dinosaur famous for the plates along its back and the four spear-like horns on the end of its tail. MWN

Sophie facts

- **When and where:** Alive 150 million years ago, fossilized bones were found in 2003 at Red Canyon Ranch in Wyoming.
- **Dimensions:** 18 feet long and 9.5 feet tall (relatively small compared with the largest of the species at 29.5 feet)

Maryland. Six people killed when private jet crashes into neighborhood home

A private jet crashed into a Maryland house on Monday, killing all three people aboard the plane and a mother and two children inside the house, a fire official said.

The pilot of the jet who died in the crash had previously crashed a plane destined for the same airport in 2010, according to records.

The Embraer Phenom 100 crashed into a home about one mile from the Montgomery County Airpark in Gaithersburg, Maryland, a Washington, D.C., suburb.

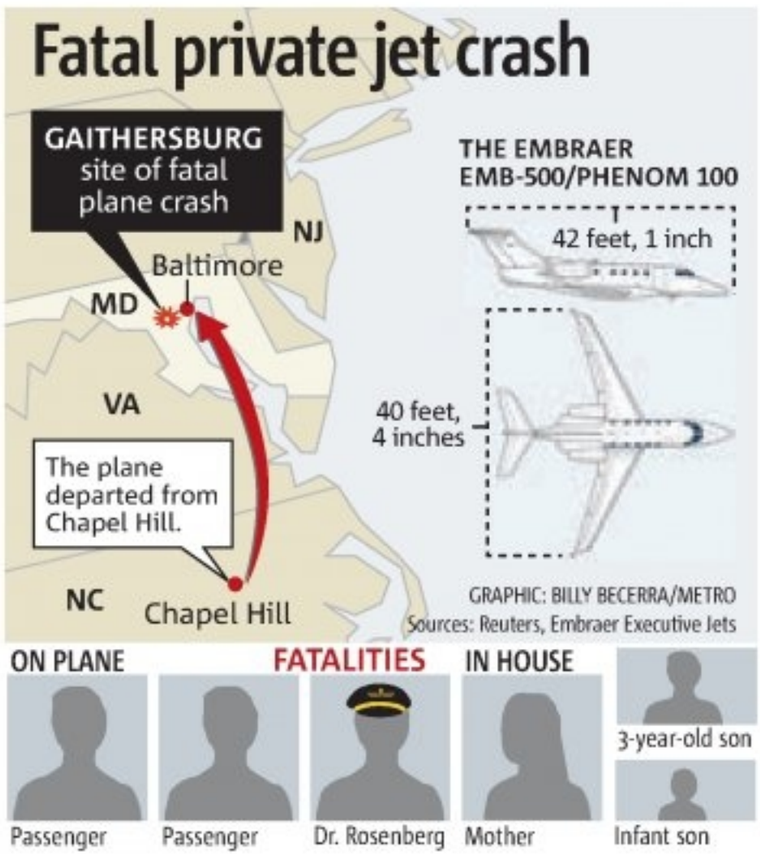
According to the Federal Aviation Administration, the plane was registered to Michael Rosenberg, an adjunct professor of epidemiology at University of North Carolina, Chapel Hill and CEO of clinical research company Health Decisions, Inc.

In 2010, Rosenberg crashed another airplane near Monday's wreck site, although there were no injuries in that crash, according to National Transportation Safety Board records. The 2010 accident occurred at the Montgomery County Airpark, also Rosenberg's destination on Monday, when he lost control while landing and crashed into trees, according to records.

Monday's crash killed Rosenberg, who was piloting the aircraft, and the two other people on board, as well as a mother and two children in the home, Montgomery County Fire and Rescue spokesman Pete Piringer said on Twitter.

The plane had departed from an airport on the Chapel Hill campus at 9:30 a.m., an NTSB spokesman told a news conference on Monday night. REUTERS

Firefighters inspect the scene after the crash. / GETTY IMAGES



Gulf spill

Supreme Court rejects BP challenge to settlement

The Supreme Court on Monday rejected BP's challenge to its multibillion-dollar settlement agreement over the 2010 Gulf of Mexico oil spill, which the oil giant complained has allowed payouts to some businesses that are unable to trace their losses to the disaster.

The court's decision not to hear the company's appeal is the latest setback for BP, which is trying to limit payments over a disaster that killed 11 people and triggered the largest U.S. offshore oil spill.

The action means BP must make the payments as it continues to deal with the spill's aftermath.

BP signed a 2012 settlement agreement to compensate businesses claiming financial losses due to the spill. But BP has since argued the agreement has been interpreted improperly by Patrick Juneau, the fund's court-appointed administrator, forcing it to pay businesses that could not show damages. REUTERS

Fire boats battle a fire at the oil rig Deepwater Horizon April 21, 2010. / GETTY IMAGES

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Timothy Sykes is a millionaire stock trader and entrepreneur.

Holiday gifts that are worth the money

What do you get that special someone with all your hard-earned money? As a multimillionaire, my family and friends have gotten used to me spoiling them, but even if you're not rich, you can get the best gifts for your loved ones. Here are three that are worth the money.

Gift No. 1: Khan Academy

Sign someone up for Khan Academy, a Website with thousands of free video lessons on every subject. In terms of what can change someone's life the most, education — whether it's free or paid for — should be at the top of everyone's list. Sure, everybody wants the latest gadget, smartphone, TV or fashionable accessory, but dare to rise above our materialistic society and show the people you truly care about that the gift of knowledge is far more important and lasting.

Gift No. 2: TIMalerts

My original stock market newsletter, "TIMalerts," is $49.95 per month, and with it you get access to my real-time stock trading alerts (I'm up nearly 175 percent in 2014, my best year ever), daily watch lists and market commentary, a chat room with more than 500 traders and, most importantly, my video lesson library that now has more than 2,300 lessons in trading on the stock market, including penny stocks. I already have a few millionaire students, but I want more; to get there you need to study your butt off. My idea of a great party is sipping cocktails at sunset on the Amalfi Coast in Italy with friends and family, but it takes knowledge to get there.

There are so many well-reviewed movies out right now, including the new release "Wild" — I have a lot of catching up to do!

My New York Knicks stink, my New York Giants stink, my Notre Dame football stinks and my UConn men's basketball team stinks. It's rough for me right now.

Gift No. 3: Udemy

Udemy has more than 20,000 courses taught by professionals and experts in all sorts of fields, such as music, computer coding and art — almost anything you can think of.

I know my list of three educational Websites is not what you were expecting, but I think education is the single most underutilized tool today and giving its gift to others can help them earn more money. Hopefully, I can help you realize that the Internet revolutionizes education and will truly change our society as more and more people embrace it.

For exclusive commentary, visit **Metro.us/blogs.**

What Sykes likes this week

1

The U.S. stock market just keeps hitting new highs every few days. Embrace the bull market!

2

With multiple police controversies now, many U.S. citizens are protesting, mostly peacefully, which is their right.

3

I love the holiday season, from the music to the marketing to the family feasts that make me fat!

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THE WORD

Ned Ehrbar takes on the world of gossip.

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1 Some Big Apple tourist traps we suggest William and Kate avoid

The British are here! The British are here! The Duke and Duchess of Cambridge — who will always be Prince William and Kate Middleton to me, sorry — are, like countless tourists this month, in New York to see the sights. And while it's too late to avoid them hitting up the Empire State Building — baby, it's cold up there — we still want to save them some time and grief with advice about which tourist traps they should avoid.

'Cabaret' on Broadway
Or whichever bar Shia LaBeouf was drinking at before going to see "Cabaret." That does not end well.

Guy Fieri's restaurant
While the horrendous menu at Guy's American Kitchen & Bar might be the most American thing in the world, we really think the Royals would be doing themselves a favor by passing up a chance to sample the Guy-talian Nachos or anything with "donkey sauce."

Those damn Cronuts
Speaking of food, the signature pastries at Dominique Ansel's bakery? Not worth the wait. Plus, they're pretty French, so our British guests would probably want to avoid them anyway.

Hot Bird, or any other Brooklyn bar currently enforcing a ban on babies
While Prince George is sitting this trip out, it would look like a betrayal to fellow parents if Kate were to cross the stroller-choked picket line.

Taylor Swift's Tribeca loft
William and Kate already have a good idea what a mob of paparazzi looks like, and they shouldn't buy into the "NYC Welcome Ambassador" nonsense. Swift is hardly the best person for the job, after all.

ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE INDICATED

2 CULTURE

Twitter feed

Today, Sean Hayes has been busy exploring his past, Tyra Banks is feeling pretty confident, Karen Gillan is feeling the love, Seth Rogen is not a happy customer and Harry Styles has a new master.

@theseanhayes: Had an incredible time in Ireland this week tracing some of my family history. Now it's time to get back to work in LA.

@tyrabanks: My selfie game is on fleek.

@karengillan: I want you to know that I am so grateful,moved,flattered and flabbergasted that over 30 thousand of you have signed up to save SELFIE!!

@Sethrogen: Next time you're about to book a flight on @cathaypacific just remember this tweet, and then book another airline, because they are bad.

@Harry_Styles: Christmas songs.. I am your slave.

3 Leonardo DiCaprio should maybe pace himself in Miami

While he's never been shy with the ladies before, Leonardo DiCaprio is apparently looking to rack up some Wilt Chamberlain-style numbers while attending Art Basel in Miami. The reigning Hollywood bachelor of the post-Clooney world stopped by a party over the weekend and "left with 20 girls," a very impressed source tells the New York Daily News, adding, "Leo and 20 girls. He is my hero." This source is pretty entertaining, explaining that DiCaprio was actually just picking up the slack for his underperforming fellow male attendees. "[Joe Jonas] looked scared, like he was going to drown and suffocate in the women," the source adds. "His face was hilarious."

4 Taylor Swift shakes off same-sex rumors

Congratulations, Taylor! You've reached the lesbian rumor stage. Sources say Swift and model Karlie Kloss are more than friends, saying photos show the pair making out in the balcony of a concert. Or they could've just been trying to talk during a concert.

5 Diddy puts Drake in the hospital

Drake is known for "starting from the bottom," and for a second he was back there after a deft blow from Diddy on Monday morning. According to TMZ, the rappers got into a brawl outside a Miami night club over money or women or some combination of the two. This isn't Drizzy's first time getting into a fight over a woman; the rapper exchanged blows and likely general smack talk with fellow entertainer Chris Brown over Rihanna in the summer of 2012. DJ Sam Sneak spoke out about the altercation on Twitter saying he had dislocated his shoulder and that it wasn't about Cassie, his girlfriend. MATTHEW LEE

Daily video

YOUTUBE, SCREEN JUNKIES

6 'Love Actually' gets the Honest Trailer treatment

Maybe "Love Actually" peaked last year — its 10th anniversary — as a beloved holiday favorite, because I've started to notice more than a little backlash against the mega-rom-com. Case in point: The Richard Curtis film finally gets an honest trailer from the good folks at Screen Junkies. And sure, they have a point about "Love Actually" being kind of responsible for "Valentine's Day" and "New Year's Eve" and the like. And the female characters do deliver a lot of food. And the plot lines are kind of creepy and depressing. Still, it's Christmas!

7 Chris Brown's unfortunate word choice regarding Karrueche Tran breakup

Chris Brown and on-again, off-again girlfriend Karrueche Tran are apparently very off right now, at least if his proclamation of, "F— that bitch!" during a recent concert is any indication. He also decided to vent his frustrations with an Instagram post, though he quickly deleted it. Luckily, MTV News saved it. "We've got scars, some of them [you] gave me, some them I've caused," Brown posted. Oh, Chris, you know it's not smart to talk about giving your girlfriend scars when you're still on probation.

Get to know Victoria's Secret model Elsa Hosk

OUT OF HER WAY! GETTY IMAGES

Interview. Meet her before the big show airs tonight at 9 p.m. on CBS.

You might know Elsa Hosk as the Victoria's Secret model who smacked Ariana Grande with her wings during the 2014 runway show. But there's more to her than that.

"My dad is such a goof. He sent pictures of me to modeling agencies in Sweden," reveals Hosk backstage during the Victoria's Secret show in London, which airs tonight at 9 p.m. "It's a little frustrating because he takes so much credit for my success. I'm like, 'Dad!' but I'm totally happy about it."

The 26-year-old Swede's modeling ability ended up eclipsing her first dream: playing in Sweden's women's basketball league.

It's a sport she still misses. "Every time I pass a basketball court, my hands are like 'ahhh,'" she says, twitching her fingers to demonstrate.

Now based in New York, the Stockholm native dedicates her time away from modeling to working with FAIR Girls, a nonprofit helping victims of female exploitation such as sexual abuse and trafficking. It's a group she discovered after watching the hard-hitting movie "The Whistleblower," which examines sex trafficking in Bosnia.

"I was like, 'Oh my God' after seeing that," she says. "It was so heartbreaking."

RICHARD PECKETT
letters@metro.us

Michelle's new album is out today, and might be about Idris Elba! / KEITH MAJOR

Quoted

"I see it as a way to heal."

K. Michelle, on her new album, "Anybody Wanna Buy a Heart?"

Interview. Healing via music with K. Michelle

Those familiar with K. Michelle — whether it's from VH1's "Love & Hip Hop" or her debut album, "Rebellious Soul" — know she doesn't hold back. But the R&B singer-songwriter is showing a softer side with her sophomore LP, "Anybody Wanna Buy a Heart?" and her new reality show, "K. Michelle: My Life." We talk to her about letting people see the real her.

Heartbreak and healing: "When I was recording the album, I was really trying to come to grips with something and [needed to] either get over it or decide whether I wanted to stay in it. So it was a good time to record an album," Michelle says. She tells us almost all the songs are about the same person; according to the Internet rumor mill, that person is actor Idris Elba.

"Maybe I Should Call" is especially raw, a song about being in love with a man having a baby with another woman. "I sent him a couple songs off the record, and he said it was sad that we're in this position, but this is art. And he said it was a great vocal performance," Michelle says.

About that Drake song: Not all of the songs are as emotion-filled. "Drake Would Love Me" is basically a fan's love song to Drake. "I sent Drake the record, and he loved it. He was like, 'This is dope. This is crazy. I'm so honored,'" Michelle says.

Reality TV vs. her reality: "The finale [which aired yesterday] was shocking for me to experience," she says. "I thought, wow, [my life] really is made for TV."

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Miriam Toews writes from the heart in her new novel

Bittersweet. "All My Puny Sorrows" is the author's most intimate book yet.

Best-selling author Miriam Toews is not known for breezy reads. Her books ask big questions and her latest novel, "All My Puny Sorrows" is no exception. In the book, Yolandi, a divorced mom of two, rushes to her sister Elfrieda's bedside when she is hospitalized after a suicide attempt. The sisters have already lost their father to suicide, and Elfrieda, who is a famous pianist, has her mind made up to be a successful suicide as well. Will Yolandi help her sister die, or will Elfrieda die alone?

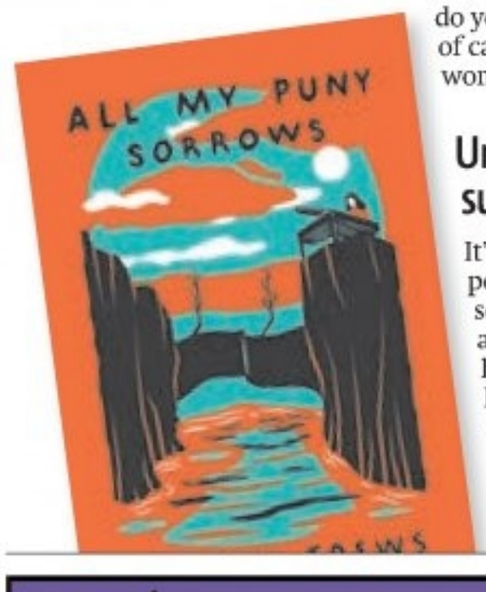
"All My Puny Sorrows" is Miriam Toews's seventh book. / CAROL LOEWEN

Art imitating life

The book mirrors Toews's own life: Her father and sister both committed suicide. "After my sister died, I didn't write anything for two years. I was grieving in every respect," Toews says. "But as time passed, it became clear to me that I would have to write about this, because that's what I do; I take the events in my life and fictionalize them."

What would you do?

Besides addressing dark themes such as suicide, depression and mental illness, Toews says at its heart, the book is about survival, forgiveness and love. "What do you do when someone you love wants to die? And how do you survive that kind of catastrophic loss?" she wonders aloud.



Understanding suicide

It's hard for most people to comprehend something as tragic as suicide, but Toews hopes her book will help people see that the psychic pain suicidal people feel is just as real as physical pain. "If we can come to that understanding, we might be less severe and less resistant to talking about suicide," she says. Toews says writing about the book helped her understand suicide better and let go of some of the bitterness, anger and guilt she was feeling. "You can't live with those emotions, or they will destroy you," she says.

A second goodbye

The end of the book is bittersweet for the reader, after such an intense journey with the characters, and for Toews, finishing writing it was bittersweet as well. "Writing it was a way of keeping my sister alive, so coming to the end of that meant another grieving process in a way," she says. But it's perhaps through Toews's great loss that she can show others how to live.

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‘Elf on the Shelf’ gets a new holiday twist

Christmas spirit. Founder Chanda Bell tells us how her brand continues to grow, plus the secret behind her million dollar idea.

More than 6 million people have purchased “The Elf on the Shelf,” which was co-created by Chanda Bell (inset). / ALL PHOTOS PROVIDED

If you’re a parent, you’ve heard of “The Elf on the Shelf.” Since its release in 2005, more than 6 million people have bought the box and plush toy set, which has inspired a TV special and a float in the Macy’s Thanksgiving Day Parade. Not too shabby for an idea sparked by a mother and her daughters. We talked with one of the founders, Chanda Bell, about the brand’s success, the newest Elf product and how you can create your own million dollar idea.

From a family idea to a worldwide phenomenon

“It’s been completely overwhelming, and it’s really an honor to see the ways families have embraced ‘The Elf on the Shelf,’” Bell says. “We do not take that lightly.” She adds that despite how much the brand has grown, their mission to help create traditions has remained the same. “We’re focused on creating family moments and everything must pass that [test],” she says.

Visit **Metro.us** for hilarious ‘Elf on the Shelf’ ideas your kids will love.

Going digital

Kids can get tips for taking care of their “Elf Pets” using the “Elf Pet” app, and if you’re looking for “The Elf on the Shelf” ideas to wow your kids, you can find tons using the app as well. It’s written in a way that it doesn’t expose any secrets, so it’s safe for your kids to read it.

How to launch your own product idea

If you want to follow in Bell’s footsteps and come up with your own million dollar idea, she has two key pieces of advice: Be passionate and don’t overestimate your success. “Create success where you are,” she says. “It’s a good way to keep you out of debt. If you can’t sell to [the people around you], chances are the world won’t want it either.”

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PLUS

Just released

The latest addition

This holiday season, a new “Elf” product is hitting stores: “Elf Pets.” Unlike the traditional “Elf on the Shelf,” kids can hold and play with their “Elf Pets.” “The idea is that Santa’s sleigh won’t fly due to a lack of Christmas spirit,” Bell explains. “Santa sees all these tiny reindeer that are the ‘Elf Pets’ who volunteer to help Santa. Every time a child loves or takes care of his or her reindeer, they’re building the Christmas spirit. The idea is that on Christmas Eve, kids have loved up their reindeer enough to make Santa’s sleigh fly and the reindeer will grow full-size and help pull the sleigh.”

Travel. Who knew? Pittsburgh is charming over the holidays. Here are three attractions not to miss

Visit Pittsburgh’s off-ice penguins. / NATIONAL AVIARY

With all the cash you’re spending on presents, that extravagant vacation is going to have to wait. But that doesn’t mean you can’t enjoy a winter getaway. Pittsburgh decks itself out for the holidays, making for a relatively inexpensive vacation just a short plane ride away.

Choo choo train

1 Generations of Pittsburghers have grown up visiting the Carnegie Science Center (1 Allegheny Ave.) to see the miniature railroad and village, built in 1920. Kids can check out the hand-painted scenes of what life was like in small-town Pennsylvania from the 1880s to the 1930s (no need to point out they’re getting a history lesson).

For the birds

2 Fortunately, the birds haven’t headed too far south: They’re at the National Aviary (700 Arch St.). “Wings of Winter” features its feathery celebrities gliding to festive music. Don’t miss the African penguins at Northside Pole.

Founding father

3 It’s hard to overstate the impact industrialist Henry Clay Frick had on Pittsburgh. Each year, Frick and his family would return home to Clayton to celebrate Christmas. Tour Clayton (7227 Reynolds St.), decorated for the season, and visit the Frick Art Museum next door.

LAKSHMI GANDHI

Hotel pick

Sleep here

At 98 years old, the Omni William Penn lays claim to being the oldest hotel in Pittsburgh. It’s also where President Obama and celebrities stay when they come to town.

Pop-up

Get your Christmas shopping done

The open-air holiday market in historic Market Square in the Cultural District is a popular spot for gifts and souvenirs.

Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. A friend asking for personal advice is likely to blame you for meddling if you make suggestions. Don't get involved or take sides.

♑ Capricorn | Dec. 22-Jan. 20. You should stay active and in control if you want to take part in something special. New beginnings may tempt you, but they will end up disappointing.

♒ Aquarius | Jan. 21-Feb. 18. Consider your options. Assess your talents and focus on endeavors that would make good use of your skills. A part-time job will help pay additional end-of-the-year expenses.

♓ Pisces | Feb. 19-March 20. You can find interesting and compatible companions if you attend events or community activities. Involve yourself with a cause you care about in order to expand your circle of friends.

♈ Aries | March 21-April 20. Attending professional meetings or functions will enable you to sharpen your people skills. Career advancement is likely if you show how responsible and forthright you can be.

♉ Taurus | April 21-May 21. This is not a good time to deal with government agencies or institutions. Your loved ones will have a lot to say if you invest in something without consulting them first.

♊ Gemini | May 22-June 20. Stand your ground. Trying to please everyone will not help you get ahead. You shouldn't feel guilty about concentrating on your own priorities. Do what's best for you.

♋ Cancer | June 21-July 22. Don't take criticism or negative remarks to heart. Overreacting or becoming incensed about someone else's opinions will turn out to be a waste of time.

♌ Leo | July 23-Aug. 22. Spend time with your mate or close family or friends. Your generosity will not go unnoticed, and your charisma will draw everyone to your side. Romance is in the stars.

♍ Virgo | Aug. 23-Sept. 22. You'll get along better with new acquaintances than you will with relatives today. Take this opportunity to cultivate friendships that are beneficial.

♎ Libra | Sept. 23-Oct. 22. Uphold any commitment you've made to your employer, peers or family. Don't allow your emotions to overshadow what needs to be done. Do whatever it takes to avoid discord.

♏ Scorpio | Oct. 23-Nov. 21. Financial gains are apparent. Look at your plans and go over every detail. Once you are satisfied with your strategy, you should present what you have to offer. EUGENIA LAST

Letters

Studies merely suggest; they don't prove

Re: 'Mediterranean diet proven to help you live longer' (Metro, Dec. 8) Nonsense. An observational study can show an association at best. To prove that such a diet can lead to a longer life would require randomizing people to this diet or their regular one and observing them for a lifetime. Age at death is the important outcome, not telomere length, although that might correlate.

DAN KELLER, VIA EMAIL

Obama just can't win

Re: 'Poll: Race relations worse since Obama took office' (Metro, Dec. 8) A recent Bloomberg News poll and article suggests not only the deterioration of race relations since President Obama took office, but allude to the fault being that of the president himself. It is true that President Obama has not been proactive on the issue of race. He has addressed race officially approximately six times in 10 years, and each time in much the same way as his white presidential predecessors — cautiously and in reaction to some event. But how else could he have addressed race? We are far beyond any meaningful (or rational) discussion of reparations. Even Obamacare, which seeks to assist all Americans but specifically poor Americans, disproportionately black, is still under fire two years after its passage. Had President Obama attempted a more proactive approach to race relations, the fears of some of his greatest white opponents would have been confirmed: We elected our first Black President and not simply our first president who is black. Had he avoided race completely, the fears of many of his black supporters would be confirmed: He isn't black enough. Talk about a no-win situation.

LARRY D. FOWLER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

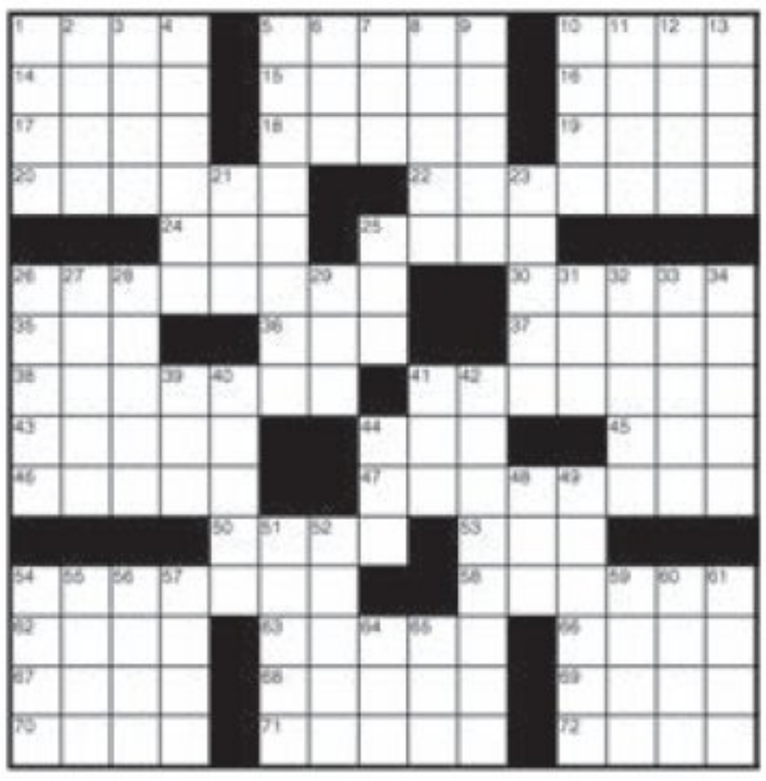
Sudoku: Easy and hard

	1			7	6	3	5	
6								
2	3	4			9		7	
4				9			2	
			6	8	3			
	8			2				6
	4		7			5	1	2
								7
	2	7	4	6			3	

		2	8		5		9	
9			4			3		5
		5	9			4		
			1		6	2		8
				2				
7		1	5		9			
		6			4	1		
2		7			1			9
	4		2		8	5		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across

1 "Puppy Love" singer
5 Accordingly
10 Close, to a poet
14 Empty space
15 Tori Spelling's dad
16 On board ship
17 Four-letter word
18 Where Asia begins
19 Musical symbol
20 Rotates
22 Prove more durable
24 NBA official
25 Attracted
26 Practice
30 Orchard pest
35 Consume
36 Up in the —
37 Peace goddess
38 Make sense (2 wds.)
41 Not specific
43 Like a wolf's howl
44 Hither and —
45 Que. neighbor
46 Roomy vehicle
47 Contraptions
50 Zilch
53 007's — Fleming
54 Stylish beard (2 wds.)
58 Take a dive
62 Jacques' girl
63 Indian potentate
66 Axiom
67 Lineman's coup
68 Deliver a speech
69 Jeannie portrayer
70 You, formerly
71 More modern
72 Gainsay

Down

1 State positively
2 Beery or Webster
3 Wind catcher
4 Remain loyal
5 She's at home in Germany
6 Maize unit
7 D.C. gun lobby
8 Painter's choice
9 Happen next
10 Table salt
11 —Mujeres, Mexico
12 Turns right
13 Knife handle
21 Open meadow
23 Clemens alias
25 "— Rosenkavalier"
26 Crafty moves
27 First name in cosmetics
28 Listened
29 Drink slowly
31 Opposite of post-
32 Great blue —
33 Ludicrous
34 Shoulder muscles
39 KGB foe
40 Loggins or Rogers
41 — — few rounds
42 Put into code
44 Vocalist – Sumac
48 "2001" computer
49 Toughened
51 Ohio city
52 "The Wreck of the Mary —"
54 Immense
55 Calcutta nanny
56 Warm-hearted
57 Hockey feint
59 Rubens model
60 Secluded valley
61 —, meeny, miney, moe
64 Mandible
65 Downed a sub

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3 SPORTS

The final countdown

Lester deal to go down any minute now

Jon Lester will have a new (or old) home by Tuesday night at the latest, according to multiple reports. The Red Sox, Cubs, Giants and Dodgers remained in contention for the lefty's services as of early Monday night. The Red Sox were set to meet with Lester's agents Monday night in San Diego, according to CSNNE.com. Lester went a combined 16-11 with a 2.46 ERA while pitching with the Sox and A's last season.

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GIRLFRIEND SWIPING THE NEW TREND IN FOOTBALL CIRCLES

Playing the field

MATT BURKE
MATTHEW.BURKE@METRO.US

Joseph Fauria was not in his typical dancing mood early Monday. / GETTY IMAGES

Another week, another superstar football player stealing a lesser football player's girl.

Last week, former Oklahoma running back Brennan Clay accused Cowboys running back DeMarco Murray of sleeping with his wife on Twitter.

This week, there's a daytime social media drama playing out between not one, but two current NFL players as Lions tight end Joseph Fauria is saying that Seahawks quarterback Russell Wilson swiped his woman, model Erika Ann Hammond.

Fauria tweeted at 12:11 a.m. Monday, "Hey @DangeRuss-Wilson enjoy her @ErikaAnn-Hammond. She had me thinking she was a loyal GF. I almost feel you @BrennanClay24 #SprayTan."

The spray tan hashtag is a direct reference to the Bleacher Report story from earlier this season that said some of Wilson's black teammates on the Seahawks didn't believe Wilson was "black enough." But I suppose when another guy steals your girl, any insult is game.

If the Seahawks and Lions meet in the playoffs (which could very well happen with both teams currently at 9-4), expect Detroit to utilize Fauria in a reverse J.J. Watt role and line him up as a defensive end.

CM PUNK AND WIFE AJ LEE AT UFC 181 LAST SATURDAY. GETTY IMAGES

UFC going fake?

So what is this CM Punk/UFC marriage really about? Ratings and PPV buys of course. The UFC is no longer riding that tidal wave of popularity it enjoyed in the mid-2000s.

Similarly, pro wrestling hasn't been "hot" since the early 2000s. So, what if Dana White and UFC created their own WWE? They certainly have the resources. We have seen countless MMA guys over the years try their hand at pro wrestling.

Their presence has given wrestling a sense of realism. Conversely, maybe we're at the point where UFC needs to get a little more "fake."

What's stopping White from setting up two different divisions within UFC? One could be the traditional UFC, with the Octagon — the real fighting — and the other could be the "sports entertainment" division, featuring guys who are good on the mic but not so good on the "real" mat.

Punk's presence would give this "fake" division immediate respect considering he's easily the most controversial name in "sports entertainment" today. There would obviously be "fighters" jumping from division to division all of the time. And when a particular pro wrestling feud needed its burn-off match it could just "take things to the Octagon" to have a "real fight."

It could work the other way too. When a certain traditional UFC performer doesn't "have it" anymore, he (or she) could immediately defect to the squared-circle.

White has often been compared to Vince McMahon in the past. But in terms of innovation, if White were to pull off something like this, he'd not only make McMahon look like the out-of-touch old promoter Punk claims he is, but he'd be revolutionizing not one, but two genres.

NBA power rankings | by James Toscano

No. 1

Warriors (17-2)

It's all gold in the Golden State right now as the Warriors have won 12 straight. Home, road, it doesn't matter for this group.

No. 2

Spurs (15-5)

Tim Duncan became the second-oldest player to record a triple-double in a win over the Grizzlies Friday. I won't take this team for granted again this year.

No. 3

Rockets (16-4)

The Rockets are 7-2 since Dwight Howard's knee injury, and it looks like they'll have to keep on winning without him — the reports are not good.

No. 4

Grizzlies (16-4)

Losses to the Rockets and Spurs knock Memphis from the top spot, but they recovered nicely with a 103-87 win over the Heat. The Griz continue to play stingy defense.

No. 5

Blazers (16-4)

Read an article after the Blazers beat the Knicks that said New York fans would love LaMarcus Aldridge. Sure, but why the heck would he want New York?

No. 6

Raptors (15-5)

Toronto is 2-3 over its last five games, and just got beaten bad by the Cavs in Toronto. Not having DeMar DeRozan, who was averaging 19.4 points per game, really hurts them.

No. 7

Mavs (16-6)

The Mavericks' last two losses have been by double-digits at home. That's a little strange, but this Mavs team sure knows how to score. Toughen up on "D" and we're talking.

No. 8

Clippers (14-5)

It's about time the Clippers started playing basketball the way they're capable of. It's seven straight wins for Doc Rivers' team as as they climb back into contention.

No. 9

Cavaliers (11-7)

Ah ha, now this is more like it. Six straight wins for the Cavaliers. They get the Raptors again on Tuesday before heading to OKC for Thursday. Those will be fun games.

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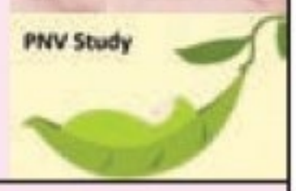

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Unit	A1186	Odonnell, Michael	Boxes, Bags, Totes, Misc.
Unit	A1204	Ayuk, Nathaniel	Boxes, Bags, Totes, Misc.
Unit	A1244	Abouchamcha, Jaafar	Boxes, Bags, Totes, Misc.
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Unit	A2353	Williams, Oliver	Boxes, Bags, Totes, Misc.
Unit	A2398	Gomes, Manuel	Boxes, Bags, Totes, Misc.

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY. ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel auction without further notice.
Andrew Berg, agent for owners. Notice posted December 12th and December 19th 2014.

PS ORANGECO, INC.
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 12/24/2014 at PS ORANGECO, Inc., 2030 Main St. Brockton, MA 02301.
The personal goods stored therein by the below named occupant (s):

Unit	A004	James Jennette	Boxes, Bags, Totes
Unit	A013	James Bertram	Boxes, Bags, Totes
Unit	B042	Robert Pimentel	Boxes, Bags, Totes
Unit	B050	Sheena Pires	Boxes, Bags, Furniture
Unit	B057	Ronald Poole	Boxes, Bags, Totes
Unit	B062	Neysa Nicholson	Boxes, Bags, Totes
Unit	B074	Joseph Smoot	Boxes, Bags, Totes
Unit	B075	Michael Simeone	Boxes, Bags, Totes
Unit	C102	Jon Hinxman	Boxes, Bags, Totes
Unit	C133	Lori GARDNER	Boxes, Bags, Totes
Unit	C167	Marrk Harris	Boxes, Bags, Totes
Unit	C199	Jennifer Chandler	Boxes, Bags, Totes
Unit	C201	Fausto Monteiro	Boxes, Bags, Totes
Unit	C210	Michael Mazenc	Boxes, Bags, Totes
Unit	C211	Sharon Rivera	Boxes, Bags, Totes
Unit	D241	Maureen Phanuef	Boxes, Bags, Totes
Unit	D244	SONYA ZENE	Boxes, Bags, Totes
Unit	D248	Jodie Kelly	Boxes, Bags, Totes
Unit	D272	Denean Copeland	Boxes, Bags, Totes
Unit	D281	Michael Siciliano	Boxes, Bags, Totes
Unit	D296	Yarimar Suarez	Boxes, Bags, Totes
Unit	D303	Williana Lanoix	Boxes, Bags, Totes
Unit	D304	Allicia Travers	Boxes, Bags, Totes
Unit	D308	BRIAN GALLAGHER	Boxes, Bags, Totes
Unit	D322	Jason Jarvio	Boxes, Bags, Totes
Unit	D344	Catherine Pearce	Boxes, Bags, Totes
Unit	E414	Lucy Merriman	Boxes, Bags, Totes

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Kerrilyn Ross, agent for owners. Notice posted December 9th and December 16th 2014.

PS ORANGECO, INC.
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 12/24/2014 at PS ORANGECO, Inc., 1470 Main St. Weymouth, MA 02190.
The personal goods stored therein by the below named occupant (s):

Unit	A1145	Jennifer Bohn	Boxes, Bags, Totes
Unit	A2033	Shawn Baker	Boxes, Bags, Totes
Unit	A2050	Stacey Gardner	Boxes, Bags, Totes
Unit	A2153	Mark Fricker	Boxes, Bags, Totes
Unit	A2164	Brenda James	Boxes, Bags, Totes
Unit	A2191	Sara Lortie	Boxes, Bags, Totes
Unit	A2194	Cornelius Davis	Boxes, Bags, Totes
Unit	A3065	Chiquana Anukem	Boxes, Bags, Totes
Unit	A3113	Donna Oakhem	Boxes, Bags, Totes
Unit	A3128	Anne Mac Donald	Boxes, Bags, Totes
Unit	A3144	Licia Burgess	Boxes, Bags, Totes
Unit	C008	Cornelius Finley	Boxes, Bags, Totes
Unit	D013	Susan Souther	Boxes, Bags, Totes
Unit	C008	Cornelius Finley	Tools, Boxes, Chrysler Conquest (1988)

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PS ORANGECO, INC.
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 12/24/2014 at PS ORANGECO, Inc., 87 Warren St. Randolph, MA 02368.
The personal goods stored therein by the below named occupant (s):

Unit	B009	Patricia Sills Jones	Boxes, Bags, Totes
Unit	B024	Tramane Smith	Boxes, Bags, Totes
Unit	C035	Michelle Montelongo	Boxes, Bags, Totes
Unit	D002	Rutecki & Associates LLC	Boxes, Bags, Totes
Unit	D006	Cassandra Blount	Boxes, Bags, Totes
Unit	D011	Melissa Mcintyre	Boxes, Bags, Totes
Unit	D012	Nichole Mccullough	Boxes, Bags, Totes
Unit	E009	Lonnie Murphy	Boxes, Bags, Totes
Unit	E046	Karen Walters	Boxes, Bags, Totes
Unit	H015	Kathleen Harris-Hicks	Boxes, Bags, Totes
Unit	I003	Benjamin Brown	Boxes, Bags, Totes
Unit	I008	Angelo Paul	Boxes, Bags, Totes
Unit	I018	Cindi Bright	Boxes, Bags, Totes
Unit	I054	Milda Brown	Boxes, Bags, Totes
Unit	K028	Sarah Panaro	Boxes, Bags, Totes
Unit	L015	M F Brandey Daniels	Boxes, Bags, Totes
Unit	L034	Norbert Mckoy	Boxes, Bags, Totes
Unit	M005	Carmel Saintelus	Boxes, Bags, Totes

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Kerrilyn Ross, agent for owners. Notice posted December 9th and December 16th 2014.

PS ORANGECO, INC.
NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 12/24/2014 at PS ORANGECO, Inc., 805 North Street, Randolph, MA 02368.
The personal goods stored therein by the below named occupant (s):

Unit	040	Fabiola Jean-Leys	Boxes, Bags, Totes
Unit	055	Leroy Brewer	Boxes, Bags, Totes
Unit	085	Rahmatullah Shyllon	Boxes, Bags, Totes
Unit	086	Rahmatullah Shyllon	Boxes, Bags, Totes
Unit	093	John Dunham	Boxes, Bags, Totes
Unit	119	Scott Dovner	Boxes, Bags, Totes
Unit	164	Benjamin Blanchard	Boxes, Bags, Totes
Unit	251A	Thomas Grupee Jr.	Boxes, Bags, Totes
Unit	256	Keith Ware	Boxes, Bags, Totes
Unit	300	Tamika Butler	Boxes, Bags, Totes
Unit	450	William Molokwu	Boxes, Bags, Totes
Unit	469	Leotta Gilmere	Boxes, Bags, Totes
Unit	471	Flavy Isaac	Boxes, Bags, Totes
Unit	519	Kurt Faustin	Boxes, Bags, Totes
Unit	601	Robert Figueiredo	Boxes, Bags, Totes
Unit	662	Michele Jeffrey Johnson	Boxes, Bags, Totes
Unit	712	David Kearns	Boxes, Bags, Totes

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